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## THE PRACTICE OF LADDIC ACTIVITIES AS NURSING CARE FOR ELDERLY RESIDENTS IN A LONG-STAY INSTITUTION

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### ABSTRACT

**Introduction:** Aging is increasing in the world population and this phase of life requires special care, but there are a number of elements that interfere in the elderly's stay with their relatives. With this, these elderly people are inserted in institutions of long stay. And in many moments, far from their family members, the elderly people who live there present pictures of solitude. In this scenario, practices of play activities are an excellent strategy to promote change in the lifestyle of the institutionalized elderly, as they are related to the viability of moments of physical, mental and interpersonal well-being, significantly improving the quality of life of these subjects, in addition to strengthening autonomy and self-esteem. **Objective:** To report the experience of nursing students in nursing care and to practice playful activities with them. **Methodology:** This is an experience report that emerged from practical classes held at the Maria Julia Miranda Long-Term Institution, located in the Gruta neighborhood of Maceió, Alagoas, during September 2017, by nursing Faculty Estácio de Alagoas. **Results:** The care provided was understood based on the individual needs of each elderly woman, divided into two moments. In the first one, the nursing history was performed, which enabled us to identify diseases and risks of injuries. the construction of the care plan. The second moment was composed of playful moments where the old women sang, danced, told their stories, besides solving puzzles, hunting words and painting booklets. Studies show that these activities can contribute in a promising way to an effective work with institutionalized elders, play, simply for the pleasure of play, without commitment or formal rules, gives the elderly a new look about their moment, awakening spontaneity and creativity, improving their quality of life. It was also noticed a greater interaction between the elderly residents and their caregivers, from the intensification of the moments of dance and group singing. **Conclusion:** It was verified that health care of the elderly requires a comprehensive, holistic, continuous care, where the singularities are observed. We believe that the practice of play activities significantly favors learning, social interaction and autonomy, as well as fostering the maintenance of cognitive and functional status, improving the quality of life of the institutionalized elderly. We also emphasize that the leisure activities are low cost and can be incorporated into the daily schedules of long-stay institutions maintaining the feelings of pleasure and joy in these women. It was a very rewarding and very constructive experience for the training of professionals committed to the profile of social aging, seeing in old age ethical values of respect for life.

### Keywords:

Aging, Institutionalization, Nursing.

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